

6-1-2007

# Observer

Central Washington University

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The Central Washington University

# OBSERVER

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Summer 2007 - volume 80 number 24



Fall is fantastic.

Maggie Schmidt/Observer



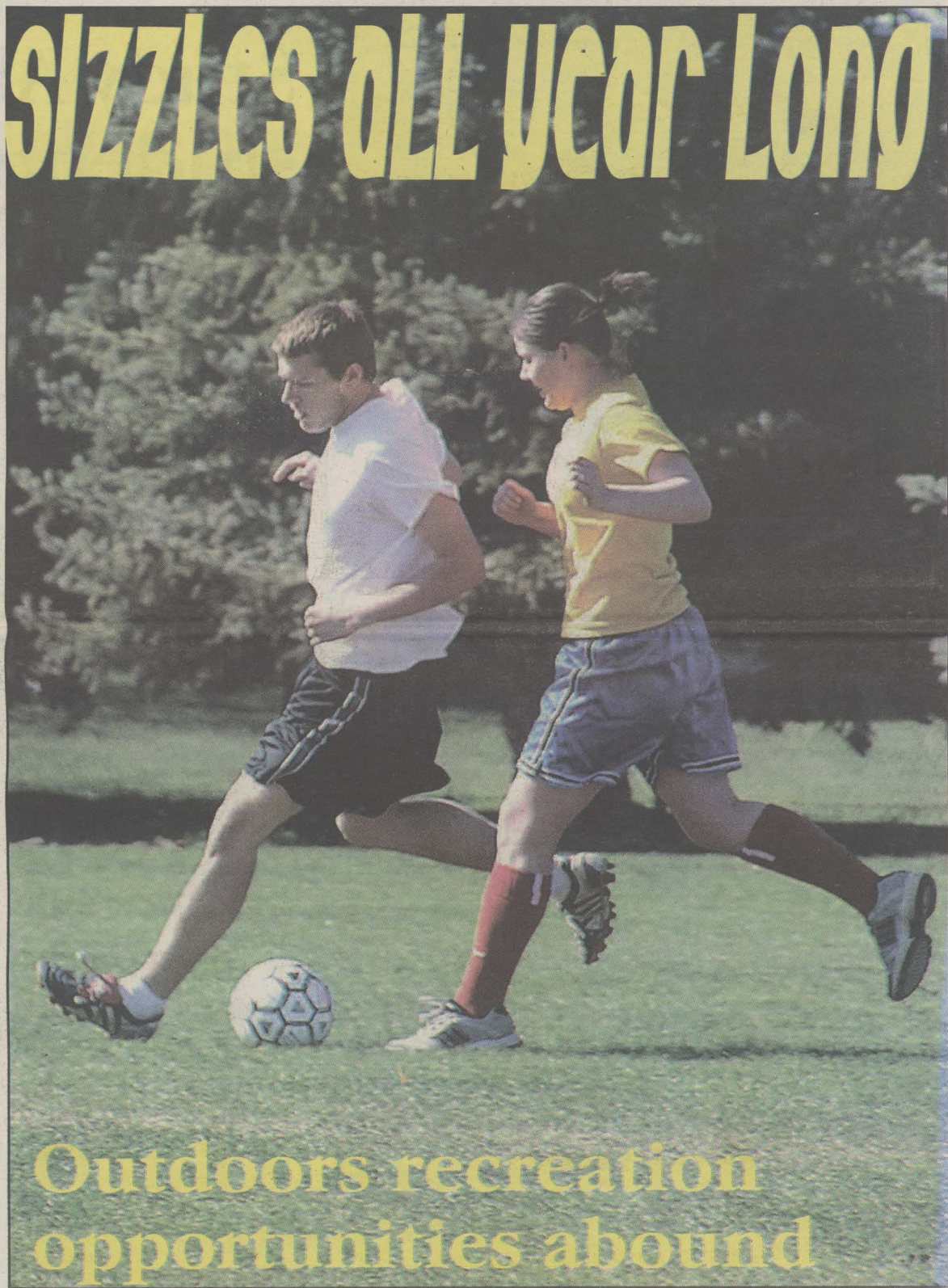
Winter is a wonderland in Ellensburg.

Observer Archives



Spring can be a bit windy.

Patrick Lewis/Observer



## Outdoors recreation opportunities abound

Brianne Jette/Observer

Playing soccer, frisbee and football on the grass around campus during the fall and spring is a favorite pastime for many Central students. Carly Weberg, freshman nursing major and Devin Jefferies, sophomore information technology major, play a fairly serious game of soccer on a field in north campus.

by Tom Jackson  
Staff reporter

It's no secret that the climate of Ellensburg is vastly different from that which many incoming freshmen are used to. Rather than the 12 months of rain most inhabitants of western Washington experience, Ellensburg actually has seasons. A person can tell that it's summer by the heat, and that it's winter by the cold. The big question is: what is a person to do with these newfound seasons?

Rather than staying cooped up inside a residence hall playing video games, students could try experiencing the great outdoors of Ellensburg and nearby recreation spots. To assist in this

endeavor, visit Outdoor Pursuits and Rentals in the Student Union and Recreation Center room 175. Outdoor Pursuits offers a large assortment of rental gear and is also well stocked on information about where to go and what to do.

"[We have] everything from camping, backpacking, river rafting and winter sports gear," Ryan Hopkins, outdoor coordinator, said. "We have outdoor trips as well, kayaking, rock climbing and backpacking."

During the winter months, Outdoor Pursuits still has students covered. They sell ski area lift tickets at a discounted rate, and run a ski bus twice a week.

On rainy days, students can get the experience of outdoor recreation while

staying dry by visiting the rock wall at the Recreation Center. The wall features top rope climbing as well as bouldering.

"We have over 60 routes for all skill levels," Jeff Ritter, sophomore business administration major said.

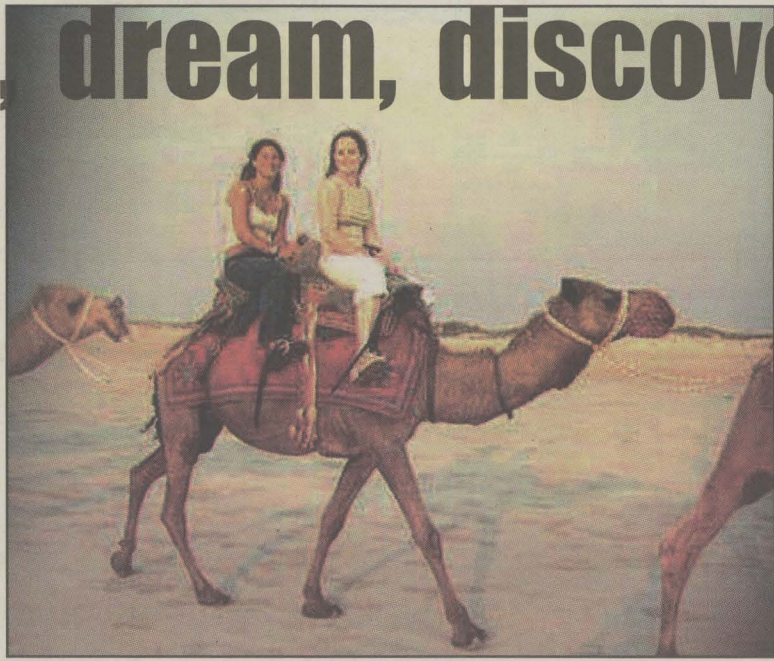
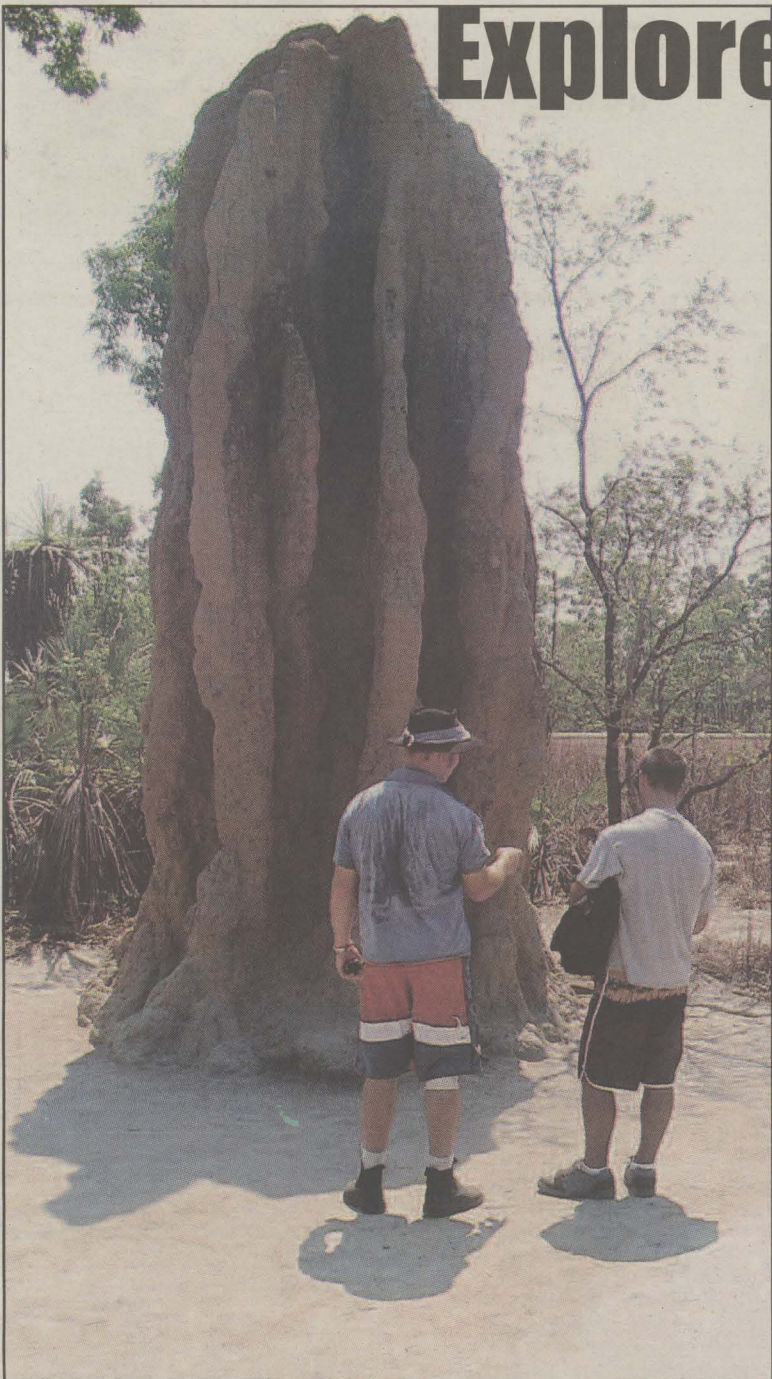
Rock climbing is more than just a physical sport; it also helps with problem solving skills.

"It's an addictive sport," Denise Soderberg, junior exercise science major said, "[because] it's a doable problem, and [solving it] is what's so addicting."

So regardless of the weather, recreation in the great outdoors, or indoors, is always an option at Central Washington University.



# Explore, dream, discover, learn



**FAR LEFT:** A professor and student from Charles Darwin University in Darwin, Australia, stand in front of a termite mound in Lichfield National Park in the Northern Territory.

**LEFT:** Former Central student Lizza Davenport (right) and West Chester University student Kristen Lucca, ride a camel on a beach in Broome, Australia.

*photos courtesy of Paul Balcerak*

## Study Abroad can show students the world

by Sarah Morrison  
Staff reporter

Distant and exotic locations are not as hard to get to one may think; participation in the Study Abroad Program can broaden horizons.

Traveling to a different state or even a different country is easy with study abroad programs. They offer more than 200 different programs in 50 countries around the world. The most popular countries are Australia, United Kingdom, Spain, Argentina, Mexico and Japan.

The more contact students have with

other cultures, the better off they will be and the earlier they start, the better. Employers see study abroad programs as a way to distinguish applicants from each other. It won't make or break job opportunities, but it could be the deciding factor, said Heather Barclay Hamir, director of the Study Abroad and Exchange Program.

Many programs offered are faculty led. These opportunities are major driven and give students an opportunity to see their field in another culture, as well as gain credit and travel the world.

"My first experience was culturally enriching," said Katie Underwood, student government vice president for Academic Affairs. "The program allowed me to learn about different customs as well as explore different foods and marketing in other countries."

If students don't want to leave the United States, other options are available. The National Student Exchange allows students to take classes at a university in another part of the country. But there are cultural differences within the nation and students should be aware of this before changing address

for a quarter. The transition to another university may be difficult at first. Difference in class, university and town size can be surprising.

"Get involved, it's a great way to get to know people," said Liz Alvin, current National Student Exchange participant from the University of Minnesota, Twin Cities.

Another option for getting a cultural experience close to home is participating in the International House Living Learning Community (LLC). Housed in Anderson Hall, students have the opportunity to learn about other cultures without leaving Ellensburg.

In Anderson, students can experience having international roommates. International cooking is constant and students can learn a lot from these roommates, said Alisha Blain, International House LLC participant.

Participation in an international experience can make a world of difference, head to the Study Abroad office as soon as possible to start planning trip of a lifetime.

For more information about Study Abroad call the office at 963-3612.



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## Understanding the language is half the battle

by Tom Jackson  
Staff reporter

One of the hardest parts of the transition to college is learning the lingo. To help alleviate the anxiety of remembering the difference between this, that, and the other thing, here's a list of some terms a new student should know.

**ASCWU-BOD:** The Associated Students of Central Washington University Board of Directors is the elected student government on campus. Elections are held every spring quarter. The BOD is made up of the following positions:

**President:** Katie Underwood  
**Executive Vice President:** Anna Boyer  
**Vice President for Clubs and Organizations:** Daniel Sweeny  
**Vice-President for Academic Affairs:** Danielle Howard  
**Vice President for Equity and Community Service:** Derrick Peacock  
**Vice-President for Student Life and Facilities:** Pedro Navarette  
**Vice President for Political Affairs:** Mike Bogatay

**Registrar:** Registrar Services is located on the first floor of Mitchell Hall. The registrar is a student's source for information on everything academic, from class schedules, to enrollment appointments. It is also important to know that students can get official transcripts through this office.

**College:** Central is made of four different colleges, each of which has a series of degrees that it offers. The four colleges at Central are: Arts and Humanities, Business, Education and Professional Studies, and Sciences.

**Department Chair:** Department chairs are professors who run their respective departments. When considering a major, department chairs are great people to talk to.

**SURC:** The Student Union and Recreation Center is the center of student life at Central Washington University. The SURC has dining facilities and recreation facilities. Almost every night there is an event going on in the Student Union.

**Safari:** Students register their classes through an online system called Safari. Students can connect to Safari through the Wildcat Connection on the Central homepage. In addition to class registration, Safari can also be used to check account holds, financial aid, student account balances and grades.

**Blackboard:** Blackboard is an online tool some professors use to help teach their classes. Blackboard can be accessed from any computer with the internet, and professors can put a variety of things on their blackboard page, from quizzes to power points, as well as having a space for communication between students.



Students have many opportunities on campus to get the help they need. Kathy Pitts, sophomore health education major receives help from her tutor, Lacy Meeks, a graduate student in English and teaching certification, in the Writing Center in Hertz Hall.

Nichole Gaertner/Observer

# Advising takes away freshman fears

by Tom Jackson  
Staff reporter

Most students will agree that juggling classes, homework and a job can be very stressful. To combat the stress, here are a few places students can get assistance when the going gets tough.

### University Math Center

The Drop-in Help Lab in Hertz 104 is staffed by Central Washington University students, and can provide assistance for problems in math courses as well as some science classes. Even if help isn't needed, the Math Center still has plenty to offer.

"You can come here to just do homework," said Alisha Zimmer, senior mathematics major, and tutor at the Drop-in Math Lab. "You don't have to ask questions; it's a great place for people to meet for study groups."

### University Writing Center

The University Writing Center is a one-stop shop for all academic writing needs. The center offers help for all

stages of writing.

"People can come in with barely an idea and we'll help them brainstorm," said Sara Hooper, junior political science major and tutor at the center.

Students wishing to receive help from the Writing Center can make appointments by phone, in person, or they can stop by to see if a tutor is available for immediate help. However, plan ahead as the Writing Center can get busy, with up to 100 students a week in the weeks before finals according to Hooper.

### Academic Advising

Attending college can be a big change from the routine of six classes a day in high school. In college, students have complete control over which courses they take and are responsible for making sure all of the requirements for their degree are completed.

To assist with this, Central has an Academic Advising Center to help keep students on track.

"In a typical week where registration isn't going on, I'd say anywhere

## Info to know

### University Math Center

Office: Hertz 101  
Office Phone: 963-1834  
Location: Hertz 104

### University Writing Center

Office: Hertz 101  
Office phone: 963-1296  
Location: Hertz 103

### Career Services

Main Office: Barge 204  
Phone: 963-1921  
Counseling office: Barge 202  
Phone: 963-2404

### Academic Advising

Main Office: Hertz 107  
Phone: 963-3523

between 20 to 40 [students are with each advisor]," academic advisor Andrea Eastlick said.

She said during registration that number could jump as high as 400 students a week.

So any student feeling lost in the bustle of finding classes can find help in academic advising.

### Career Services

Looking for a job? Career Services is aimed at preparing students for finding a career after college. Located in Barge

202 and 204, Career Services offers assistance in writing resumes and cover letters, job interview skills, and general knowledge on where to go to get a job within a student's major.

Career Services also hosts a number of events throughout the year, including career fairs and career workshops.

Students who can't find the time to go talk to someone at Career Services in person may visit their Web site at [cwu.edu/~career](http://cwu.edu/~career) for access to the Wildcat Career Network, and other online tools in the job search.

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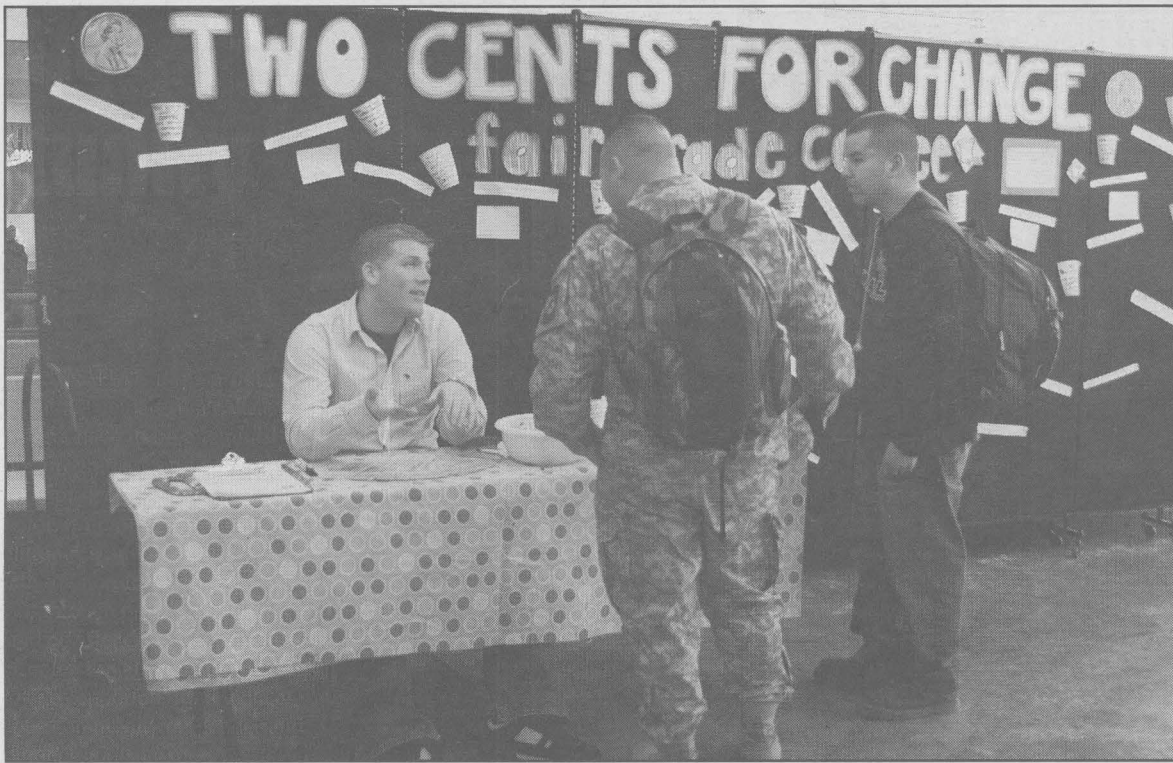
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Joel Dugan talks with students in the SURC about the importance of fair Trade coffee.

Observer archives

# Spur change through community outreach

by Sarah Morrison  
Staff reporter

Follow the dots to action! If getting involved in the local and global community are of interest, start walking to the Civic Engagement Center. They welcome all students to put their classroom learning to good use.

Those dots are bright circles seen on advertisements throughout campus. They can spur action, awareness, and bring about change. They are signifying the stages of civic involvement of students on campus.

Getting involved in campus activities can help one feel more connected to the school and to the community of Ellensburg. There are a number of activities available for students to participate in, or students can plan their own volunteer projects.

"New students should really get involved in the center," said Samantha Cogswell, senior business administra-

tion and marketing major. "They are working for a great cause and helping out so many communities."

The Civic Engagement Center is responsible for a number of fund- and awareness-raising events held throughout the year.

Every quarter the center sheds light on how students can get involved during their college career. During the 2006-2007 school year, the center successfully brought awareness about fair trade coffee, and brought the actual coffee as well. Now students, staff, and visitors can enjoy fair trade coffee at the school's coffee stands.

Past awareness-raising programs include the annual Yakima River Cleanup, 30-Hour Famine and the Cambodia Well Project. The Civic Engagement Center's database is filled with volunteer opportunities for on- and off-campus projects.

Getting involved in the events can benefit students in more ways than one.

Student's personal, networking, and professional abilities can flourish. Skills learned while volunteering can also improve time in the classroom.

"The CEC lets students tie together everything that makes them just that, a student," said Heather Whitty, senior sociology major.

Students can apply classroom knowledge by completing each stage of the dot program. Internships for multiple majors are available to students wanting to apply their skills to work experience.

Sociology 101 students also participate in hands-on learning by creating projects and logging community service hours with the center.

To see where community involvement can take students, head to the Civic Engagement Center located in the Student Union and Recreation Center in room 256B. For more information, e-mail the center at [takeaction@cwu.edu](mailto:takeaction@cwu.edu) or call the office at 963-1643.

# Empowerment offers opportunity for everyone

by Katie Baker  
Staff reporter

The Center for Student Empowerment at Central Washington University educates students regarding gender issues, social constructs, identity, age, equity, societal expectations, domestic violence, sexual harassment and family dynamics.

According to the Empowerment Center staff, many students have never heard of the Empowerment Center, but there is no doubt that they have been affected by at least one of the many programs that originated from the dedicated Empowerment staff.

The center strives to empower all individuals to explore and challenge personal ideologies, values and beliefs, preparing them to live in a diverse inclusive global society.

Attendance has never been a problem at past programs, including the Vagina Monologues, a series of factual monologues written by Sue Ensler and performed by women every February; The Sexual Politics of Meat, which taught students about the correlation between women and animals; Man Up Program which is for men, produced by

men; and LUNAFEST, films produced by women about female filmmakers.

"You don't have to be a feminist to attend our programs," said Leah Shelton, special projects coordinator. "We program for everyone: male, female, non-traditional students. We are very active with the non-traditional students on campus through programs, an honor society and newsletter."

The Center for Student Empowerment provides opportunities to educate the campus community on gender and non-traditional student issues.

To be considered a non-traditional student, a student must be over the age of 25, married or with a domestic partner and/or have children.

While education is one of the main components of the center it is also important to encourage critical thinking.

The Empowerment Center provides a plethora of opportunities for Central students to get involved and make a difference.

For more information about The Center for Student Empowerment, visit [www.cwu.edu/~ecenter](http://www.cwu.edu/~ecenter) or visit their office in the Student Union and Recreation Center room 250.

## Info to know

### Non-Traditional Student Welcome Carnival September 29, 2007

Enjoy a day of food, games and entertainment. 11:00 am - 2 p.m. East Science Lawn

Come to the Center for Student Empowerment's 2nd Annual Non-Traditional Student Welcome Carnival on Saturday, September 29 between 11 a.m. - 2 p.m. There will be games, entertainment and food. Fun for the entire family. Free admission. Open to everyone!

\*\*\*At Central, if students fall into any of the following categories, they are considered non-traditional students:

- 25 years of age or older
- Married or with a domestic partner
- Have children (married or single parent)

Central's Admission office reports that, as of fall quarter 2006, 22 percent of current undergraduate students at Central are non-traditional students.\*\*\*

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For more information, call Nan Doolittle at (509) 929-5243, or e-mail: [doolitn@cwu.edu](mailto:doolitn@cwu.edu).

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*The Observer is a class in which students are constantly learning how to interview, report and produce a newspaper.*



# Diversity Center advocates Leadership skills can be learned

by Sarah Morrison  
Staff reporter

The Diversity Education Center prides itself on reaching out to students through clubs and organizations, education, and programming. The Diversity Center, in short, is known for its creative programming and events that encourage students to think about college life and the world around them.

Cool events throughout the year aren't all they offer; the center has many programs and services that encourage students to support and relate to diversity. Social change and global equity are also themes the center brings to students.

"We target the general population," said Leslie Webb, director of the diversity education center. "We try to educate the masses and help students develop cultural competence in addition to advocating for historically marginalized students."

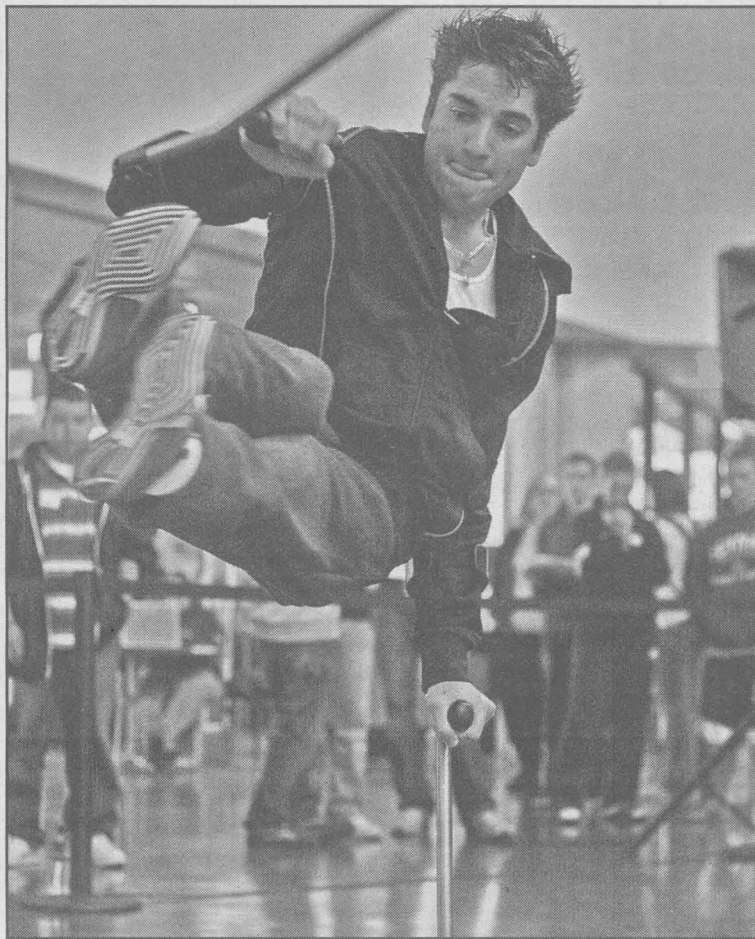
The people at the center encourage all students to come in and volunteer. Anyone can come to, work at or set up the events put on throughout the year.

"The Diversity Center has wonderful programming and helps students deal with acceptance and transitioning into a college setting," said Danielle Martinez, senior public relations major.

In the past, popular programs have included the Presidents of the United States concert/Chimpanzee Abuse Awareness Night, The Harlem Gospel Choir, and Angela Davis and Bobby Seale.

The center also supports three annual film festivals, the Ellensburg Film Festival, the Margaret Mead Festival and the Videmus Film Series.

The center also has the safe space program, which encourages creating welcoming environments for all stu-



Observer Archives

"Lazy Legz" performed at Central during Disability Awareness Week. Luca Patuelli, 22, has arthrogryposis, which limits joint movement but that does not stop him from break dancing with his crutches.

dents and staff to feel comfortable talking about issues without judgment.

The Diversity Center also provides anyone on campus the opportunity to report any discrimination they have encountered on campus. The professional staff members are also there to help students and staff through the process.

Everyone on campus can benefit

from an atmosphere of tolerance, respect, and appreciation for all members of the Central community.

The center is in the Student Union and Recreation Center in room 253. For more information about services, clubs and programming opportunities provided, call (509) 963-1685 or email the center's director, Leslie Webb, at [webble@cwu.edu](mailto:webble@cwu.edu).

by Katie Baker  
Staff reporter

When starting out at Central Washington University, many students are looking for a place to get involved, meet new people and learn about furthering their leadership. The Center for Excellence in Leadership at Central is the place to develop those skills.

The Center for Excellence in Leadership will host their annual leadership camp, Experience Leadership, a jump start for college leadership for incoming freshmen students Sept. 11-13 at Camp Gormley, Wash.

"It is a great way for incoming freshmen to meet the ASCWU Board of Directors, and other important leaders on campus," Jennifer Tomasino, CEL program coordinator said.

The newly named David Wain Coon CEL provides broad-based leadership education for the campus community. The center provides individualized training, leadership resources and recognition.

"The DWC-CEL provided me with the opportunity to grow my leadership skills and find areas to help me develop as a leader in my community," Danielle

Martinez, senior public relations major said. "Even if you just want more information about getting involved in leadership, this is the place to go."

The leadership lab, a series of workshops and classes about leaders, is one of the many programs that the CEL office provides.

One form of recognition is the Leadership Transcript which is similar to an academic transcript. The Leadership Transcript officially lists all of one's activities outside the classroom, such as student government, club and organization membership, athletics, community service, Resident Assistant positions, sport clubs and intramural sports and on-campus employment.

Students use leadership transcripts to supplement resumes and applications to document their college years.

"College is all about leadership development and the David Wain Coon Center for Excellence in Leadership helps students develop their skills and track them for their future," said Katie Akers, senior English major.

The Center for Excellence in Leadership is located in the Student Union and Recreation Center room 260.

## Info to know

**Leadership House located in Kennedy Hall**

- Connect to university leadership positions;
- Empower individuals and groups to work collaboratively;
- Support and encouragement toward

leadership careers;

- Facilitate social change for diverse populations at Central and in the extended community.

For more information please contact CEL or Richard DeShields, associate director for Housing and New Student Programs 963-2735.

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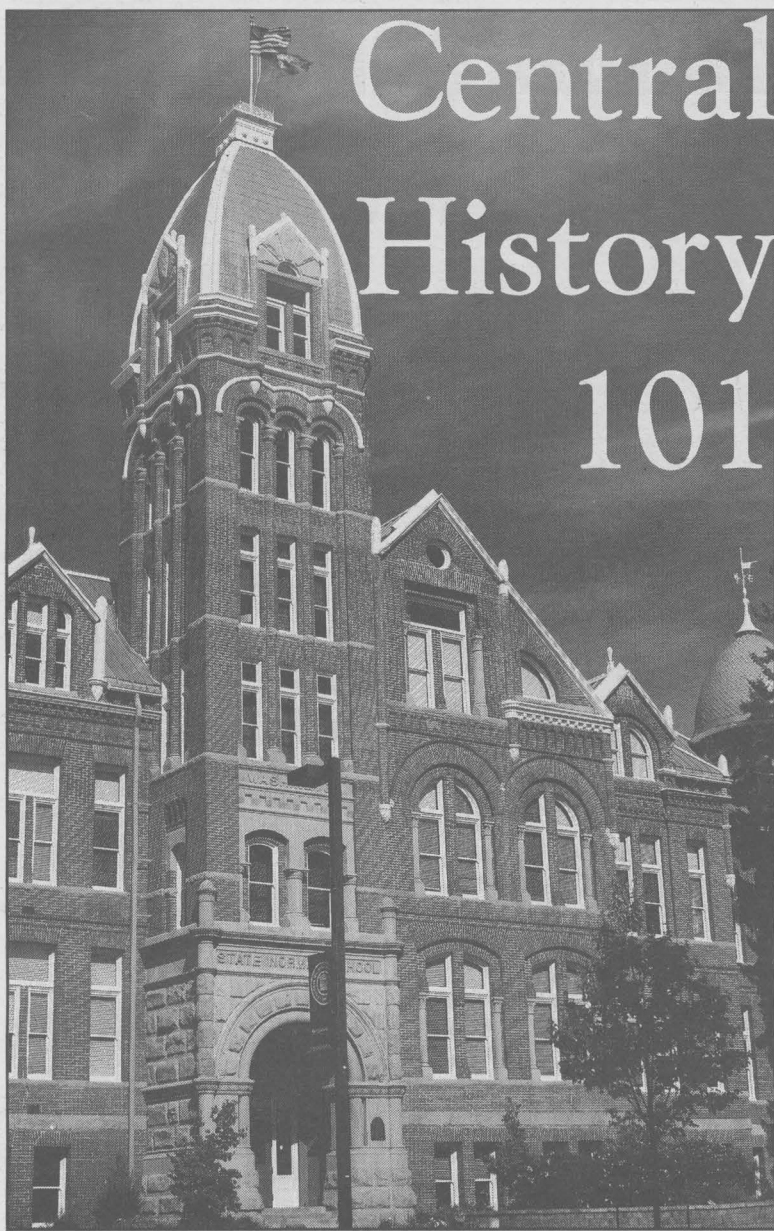
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Observer Archives

Barge Hall, the oldest building on campus, is the original location of Ellensburg Normal School. It is deemed one of the most beautiful buildings on campus and was renovated around 1990.

# Central History 101

# State Normal School would become today's Central Washington University

Observer archives

Not many people seem to know or care much about the history of Central Washington University, according to various students on campus. Central has an extensive history that helped develop the way the school operates to this very day.

The second floor of Barge Hall was the first facility to be used for the Ellensburg Normal School.

Central was greatly impacted by World Wars I and II. Spring breaks were cancelled, classes continued into July, students had only two day Christmas vacations and enrollment dropped. Because many young men were off fighting the wars, new classes were introduced that would most likely not be found at any university today.

One of those interesting classes was in the department of special interest to all women students. This class was "Domestic Economy," created in 1909. Miss Lottie Jellum, a graduate of Washington State University, was appointed to take charge of all of the work created from this class. These domestic classes were taught out of adjoining rooms in the basement of Barge Hall.

The work outline for the classes involved domestic science, methods of

manufacturing, market values, appearance, nutrition and how various foods affect the body. Special attention was placed toward kitchen management, cleanliness and personal hygiene.

This class, along with others, did not last too long on the registrar list due to the rapid turnover in faculty because of the war times. At one point, there were only 12 faculty members at Central, including Dr. John Munson and W.E. Wilson.

When buildings were later added to Central's campus they were named after these men.

In 1914, another attempt at a domestic class was fairly successful. This time the name of the class was changed to "Home Economics." In 1932 it was renamed to "Home Art and Economics," when it was finally added to the Department of Fine and Applied Arts. The name was changed again in 1937 when it officially reverted to "Home Economics."

Home and Art Economics Department was a responsibility of the Director of the Dorms. The course was only offered one or two different times each quarter.

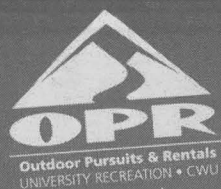
Helen Michaelsen arrived in 1937 to take over the instruction of this class replacing Miss Lottie Jellum. She gave

new life to the program. In a book titled "The First 75 Years — a history of Central Washington State College," Michaelsen said, "The most significant thing about home economics is home, and the primary goal is homemaking, home-centered liberal education with professional training secondary. Home economics surveys all fields of knowledge and gleans whatever may serve the end sought."

The new program included divisions of family relationships, family economics, home management, food, nutrition, and clothing. The class increased the enrollment level at Central, so much that two more home-managing houses were built by 1965.

Rather than calling this class "Domestic Economics," the class name has evolved into something more settling to everyone's ear over the past decades. Whether the class is a cooking class, a sewing class, a child development class, or a nutrition class, one can bet it stemmed from the original domestic economic class established in 1909.

More information on Central's history can be obtained from a book in the Brooks Library titled, "The first 75 years — a history of Central Washington State College" by Samuel R. Mohler.



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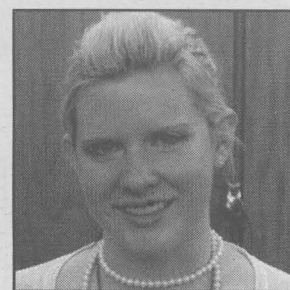
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## People on the street

What's your stress buster?

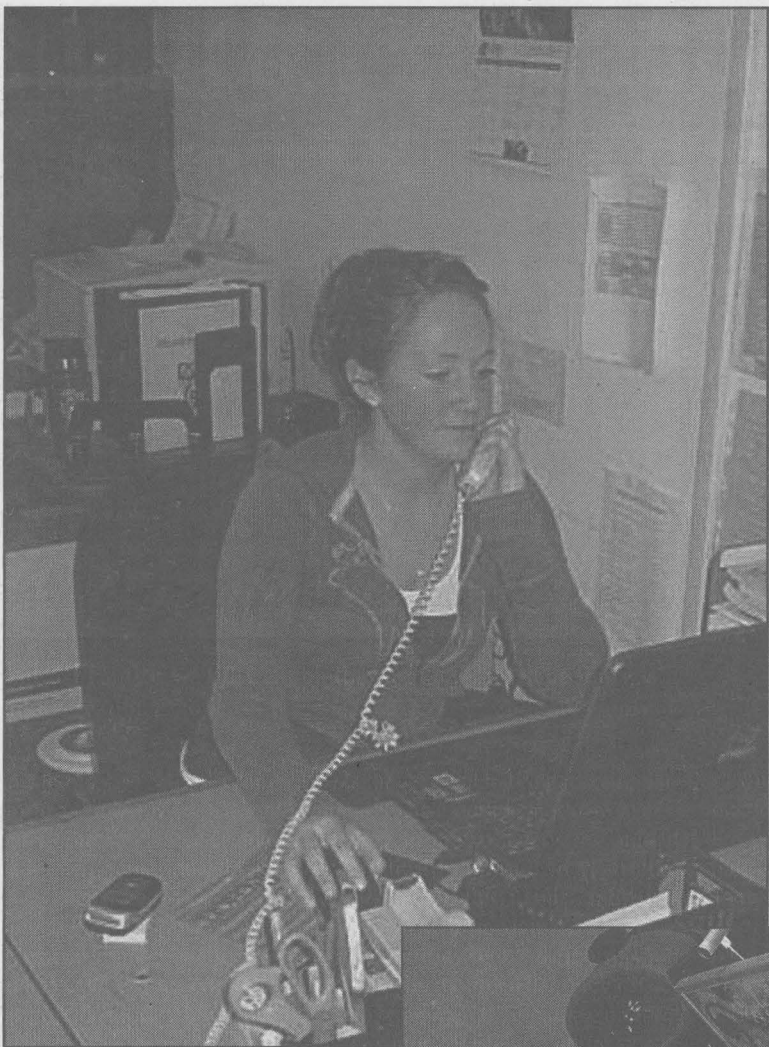


**Kristen Cole**  
*freshman undeclared*  
"When I'm feeling overwhelmed — good or bad — I like to draw and paint. It's a good way to express myself."



**Lacey Yanez**  
*freshman English education major*  
"Exercise and talking to my family always seems to help me out."





# Searching for student jobs

## Get to know Student Employment folks

by Sarah Morrison  
Staff reporter

Stressing over money is no way to start off a college career. Worrying about those unexpected expenses or just wanting to have some extra cash are good incentives to getting a job. But finding one can be overwhelming.

Students can find work on or off campus; they just need to know where to look. Campus employment is everywhere, so knowing where to find jobs will help the search. Job boards are located in the Student Union and Recreation Center as well as in Barge Hall. The Central Washington University Website also has a link to the posted on and off campus jobs. But the best bet to find the right job is to go to the department that interests you.

"The jobs won't always be there waiting and there's always someone

who wants to work," said Jon Concepcion, senior information technology and administrative management major.

Working doesn't have to be dull and boring. Along with having fun at

work, many employers encourage team building and career development.

"The [accounts payable] office is really big on team-building, so we have activities like the Office Olympics," said Kendall Lund, senior accounting major.

Working doesn't have to interfere with academics or a social life. Some employers will work with a student's class and study schedule so the job doesn't interfere with anything.

"Campus employment is great because they work around your school schedule," said Lindsey Turcott, sophomore accounting major.

There are two centers on campus that can help the job search. Both located in Barge Hall, the Student Employment Office and Career Services office are willing to help students find the perfect job.

The Student Employment Office assists more than 3,200 students find

## Info to know

### What is Work-Study?

Work-Study is a need-based financial aid award. Unlike a regular job, students are paid from a sum of money set aside for part of their wages from the work-study fund. Work-study wages are usually higher than what is paid as a regular employee because it comes from the fund. Instead of getting a large sum of money at the beginning of the quarter and paying it back after graduation, with work-study stu-

dents earn the money slowly while working. After graduation, it doesn't have to be paid back. To qualify for the program, students may need to trade in any other loan awards. Students can accept loans or work-study, or both.

For more information about the work-study program, head to the Student Employment Office located in Barge Hall in Room 103. Those interested can contact them by email, [seo@cwu.edu](mailto:seo@cwu.edu) or call 963-3008.



photos by Alissa Springer/Observer

**ABOVE:** Clare Brown, junior business administration major, works in academic advising. **RIGHT:** Chris Mills, senior music major, works in the recording booth in the music department. These are just two examples of places students can work on campus.

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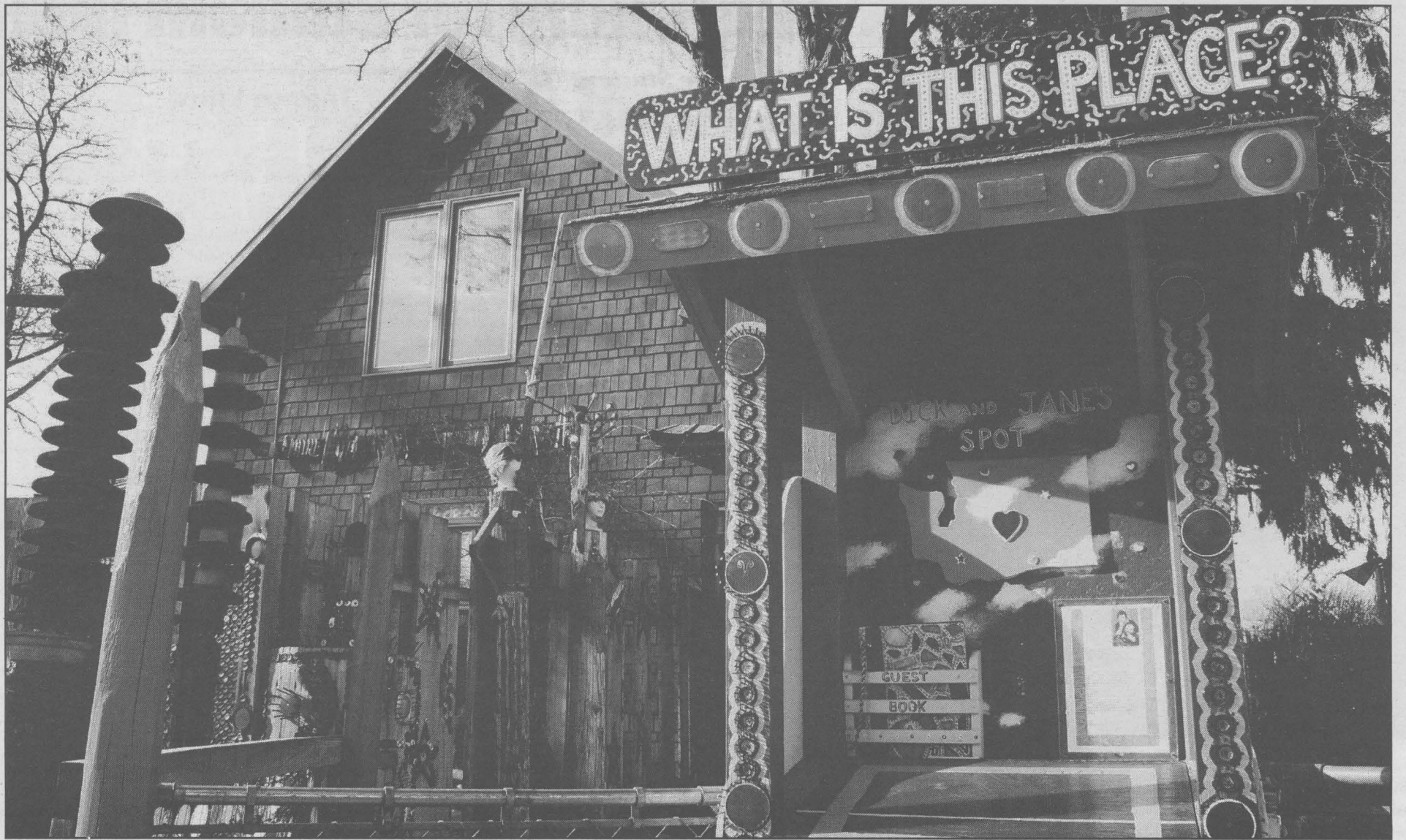


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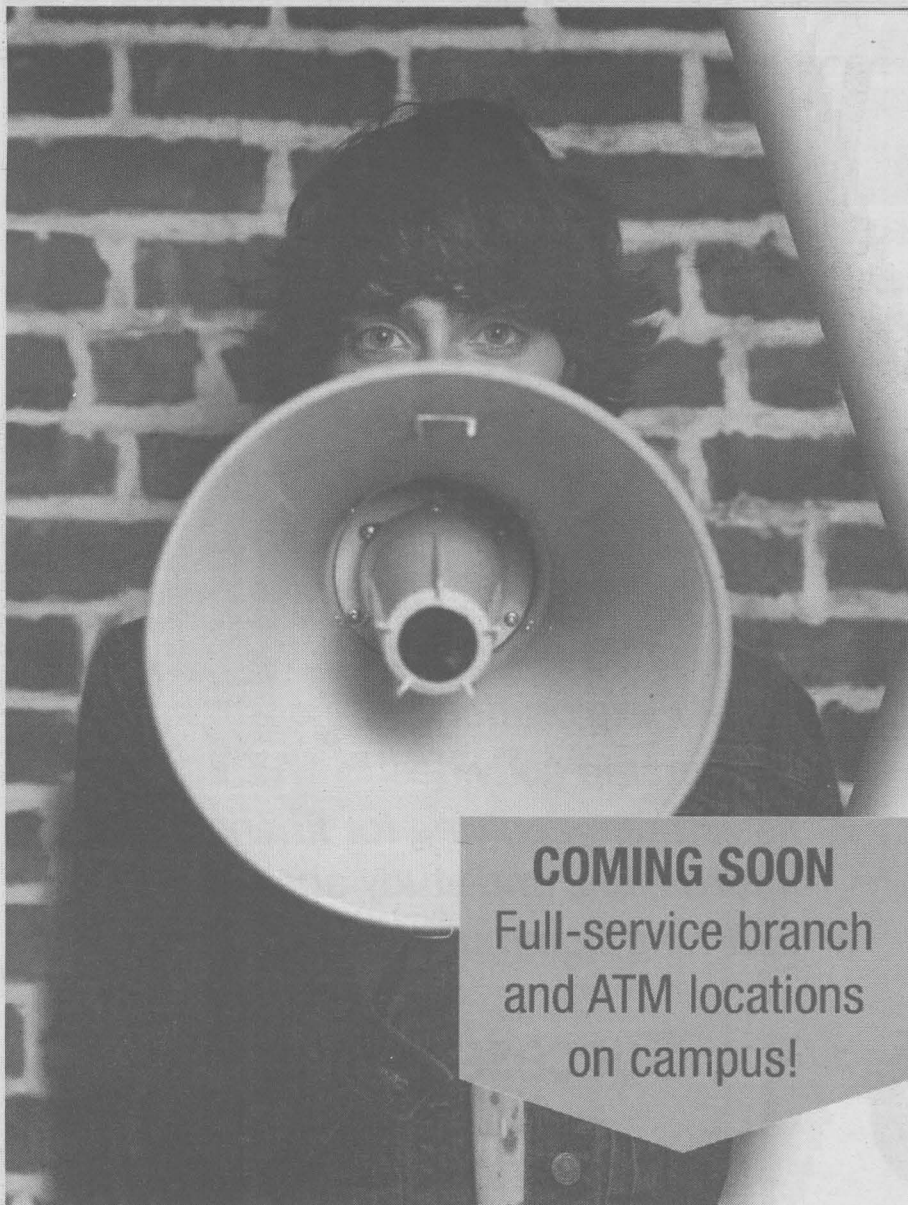




Observer archives

## Dick and Jane's Spot

On the corner of First and Pearl streets is a house which catches visitors' eyes. The owners and designers of this colorful house and yard are both Central Washington University alumni who majored in art. Dick Elliot and Jane Orleman have lived in and worked on their house since 1978. The house and yard provide a canvas on which they are continually creating art made from industrial grade reflectors, oil paints and everything in between.



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## Welcome Wildcats!

University Housing and New Student Programs is here to help you find your academic groove. Did you know that students living on campus typically have a higher GPA than students living off campus? In fact, four out of five students living on campus attend 90 percent of their classes and most report grades of a B or better.

Your Connection Card is one of the main keys to finding your groove and really feeling at home at CWU. Your link to food, knowledge and access, it's your campus I.D., meal card, library card, access card, debit card, copy card, and in some cases, your laundry card.

Watch for more tips throughout the year to help you find your academic groove.

Housing info: 963-1831

[www.cwu.edu/~housing](http://www.cwu.edu/~housing)

Dining info: 963-1591

[www.cwu.edu/~dining](http://www.cwu.edu/~dining)



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in the  
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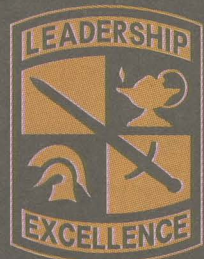
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# CENTRAL WASHINGTON UNIVERSITY

## ARMY ROTC



### What is Army ROTC?

Army ROTC (Reserve Officers' Training Corps) is a series of elective courses making up one of the best leadership programs in the country and can be part of your CWU

experience. The program combines topics in military science with practical leadership training to prepare men and women to become Army officers. During classes and field training you will quickly build the confidence and self-discipline necessary to succeed in your studies and help prepare you for success after graduation. You will learn how to motivate and lead others, manage complex tasks, and communicate ideas effectively; the same traits prospective employers will be looking for when you graduate. Upon graduation from CWU and the Army ROTC program, you will be fully prepared to take charge as a leader. Army ROTC uses effective classroom and practical "hands-on" training to prepare our highly motivated cadets to receive their commission as a Second Lieutenant (2LT) in the U.S. Army, the Army Reserve, or the Army National Guard.

### What are the benefits of the ROTC?

Participants in the ROTC program develop critical skills in management and leadership, which are valuable to any civilian or military career. Students gain confidence, self-discipline, and technical experience. New lieutenants will enter the workforce as a leader and supervise as many as 45 individuals, while being accountable for hundreds of thousands of dollars worth of assets. If you decide to leave the military, civilian employers desire the leadership experience and technical knowledge that you have. Some of these skills and credentials include:

- Effective leadership and management skills
- Accomplished oral and written communications skills
- Superior problem-solving skills
- Meticulous organizational skills
- Military life attracts and instills substantial value-added qualities:
  - Discipline, Commitment, Loyalty, Resourcefulness and Respect
- Plus it instills the value of:
  - Teamwork, Diversity and a drug-free lifestyle

**Financial Benefits:** There are a number of financial benefits that you can apply for and receive as an ROTC cadet, depending on your eligibility. Contact the Military Science department to find out the eligibility requirements for each of

these benefits and which ones may apply to you:

- ROTC Scholarship - Full tuition and mandatory fees plus a \$900/year book allowance
- CH 30 Montgomery GI Bill - \$900/month (full-time)
- CH 1606 Selected Reserve Montgomery GI Bill - \$272/month (full-time)
- Montgomery GI Bill Kicker - \$350/month
- Federal Tuition Assistance (USAR only) - 100% tuition, up to \$4500/year
- State Tuition Reimbursement (ARNG only) - 100% tuition, up to \$4500/year
- Drill Pay as E-5 (FY04) - \$247/month
- ROTC Stipend - Freshmen: \$300/month  
Sophomore: \$350/month  
Junior: \$450/month  
Senior: \$500/month

### Will ROTC activities affect my class schedule?

Since ROTC is a scheduled class in the CWU curriculum, the ROTC should not affect your class schedule. Your grades are our top priority. The time commitment required for ROTC is minimal, consisting of one class (with lab) per quarter. You will have enough time to balance your leadership training with your academic demands.

### Do I get to wear a uniform?

Army ROTC cadets are issued uniforms for wear on lab days only ... the rest of the time you will look like the rest of the students on campus.

### Do I have to participate in a physical fitness class?

If you are a scholarship cadet you are required to participate in our Physical Training (PT) 4-times per week. If you are not on scholarship the PT is optional, but you can receive extra credit in the ROTC class by participating. We strongly encourage all of our non-scholarship cadets to participate since it helps develop healthy habits and helps prepare you to pass the Army Physical Fitness Test which is a requirement if you should decide to apply for a scholarship.

### Do I have to go into the Army after college?

There is no military service obligation for taking the freshman and sophomore Army ROTC class



unless you apply for and accept a scholarship (receiving money from the government for college is what triggers the military service requirement), so these classes are a great no-risk way of looking at the Army to see if it might be something for you to consider for a career ... or even a jump start to a civilian career after getting a few years of experience after college. If you decide to go through all 4-years of Army ROTC you will have a military service obligation and will begin that service as a leader in a very highly respected profession.

### What happens when I finish college?

When you graduate from college as an Army ROTC Cadet, you will be commissioned as a second Lieutenant. Your career as an Officer will be just beginning, and you'll find a variety of interesting and exciting career fields (13 to choose from) in the Army.

### Sounds great, how do I get started?

Enrolling in the Army ROTC class is as easy as signing up to any other CWU college class. The MSL100 and MSL200 level courses are open to all students on campus. MSL101, Foundations of Officership, is offered every quarter for 1 credit. Ranger Challenge, MSL293, offered in the Fall QTR for 2 credits is open to all students on campus. Other courses that offer military conditioning are PEF118 - Fall Qtr, PEF119 - Winter Qtr, PEF120 - Spring QTR each year for one credit. Cadets who graduate from the program at CWU earn a Minor in Military Science along with the BA or BS of their selected major.

### What if I have more questions?

That's easy! Just stop by the Military Science Building at Peterson Hall, Room 202 and talk to the Army ROTC Enrollment and Scholarship Officer, Major DeAnna Bridenback. If you prefer you can give her a call at 509-963-3581 or send her an email at [bridenbackd@cwu.edu](mailto:bridenbackd@cwu.edu). She will be glad to answer any questions that you have. Want more information? Visit [www.cwu.edu/~roo](http://www.cwu.edu/~roo)

# STUDY HISTORY'S GREAT LEADERS OR LEARN HOW TO BECOME ONE.



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**ENROLL IN ARMY ROTC**  
**BECOME AN ARMY OFFICER**





# Eating well 101: Avoid those extra pounds

by Brian Helliard  
Staff reporter

People jokingly refer to gaining weight in college as the "Freshman 15." Tough college classes coupled with being away from home for the first time can put stress on students.

For some people, eating is a way of dealing. With the amount of food available in the campus dining halls, it can be quite easy for students to put on weight if they are not careful about their habits. Fortunately, there are options available to students that can keep the "Freshman 15" at bay.

One of the easiest ways to remain healthy is to exercise regularly. With the central location of the new Recreation Center, it is more convenient than ever to get a good workout.

"Boredom is the number one reason that students give up on their exercise plans," said Recreation Center Director Steve Waldeck. Personal trainers are available if students need a little motivation. Also, group fitness classes, which are a great way to mix things up and keep from getting burned out, are always offered.

Another key factor in keeping off the pounds is good nutrition. Dining Services offers a wide variety of food for Central students; some is nutritious, some is not. Stick with foods that are low in fat. Salads are available, as well

as vegetable dishes and fruit.

Another easy way for students to eat healthy is to "create [their] own sandwiches so that [they] can choose to make it healthy," philosophy senior Deng Lual said. Drinking water instead of pop is also a wise decision.

However, students must remember not to be too hard on themselves. Thinking of certain foods as "bad" can make people feel guilty if they happen to eat them. There is room for all kinds of foods in a healthy diet. The key is moderation.

A helpful way to monitor eating and exercise habits is to keep a journal.

"The more aware a person is of what they eat, [...] the better they can control their food intake and weight," said professor of Food Science and Nutrition David L. Gee.

This record can be used as a resource for finding areas to improve upon as well as a way to track performance. However, a "simpler approach is to weigh oneself every few days and record [the] weight on a piece of paper" Gee said, because food journals can be a hassle to maintain over long periods of time.

With a little exercise and planning, it can be easy for students to maintain the weight they were when starting Central. Just remember that preventing weight gain is far easier than trying to lose gained weight.

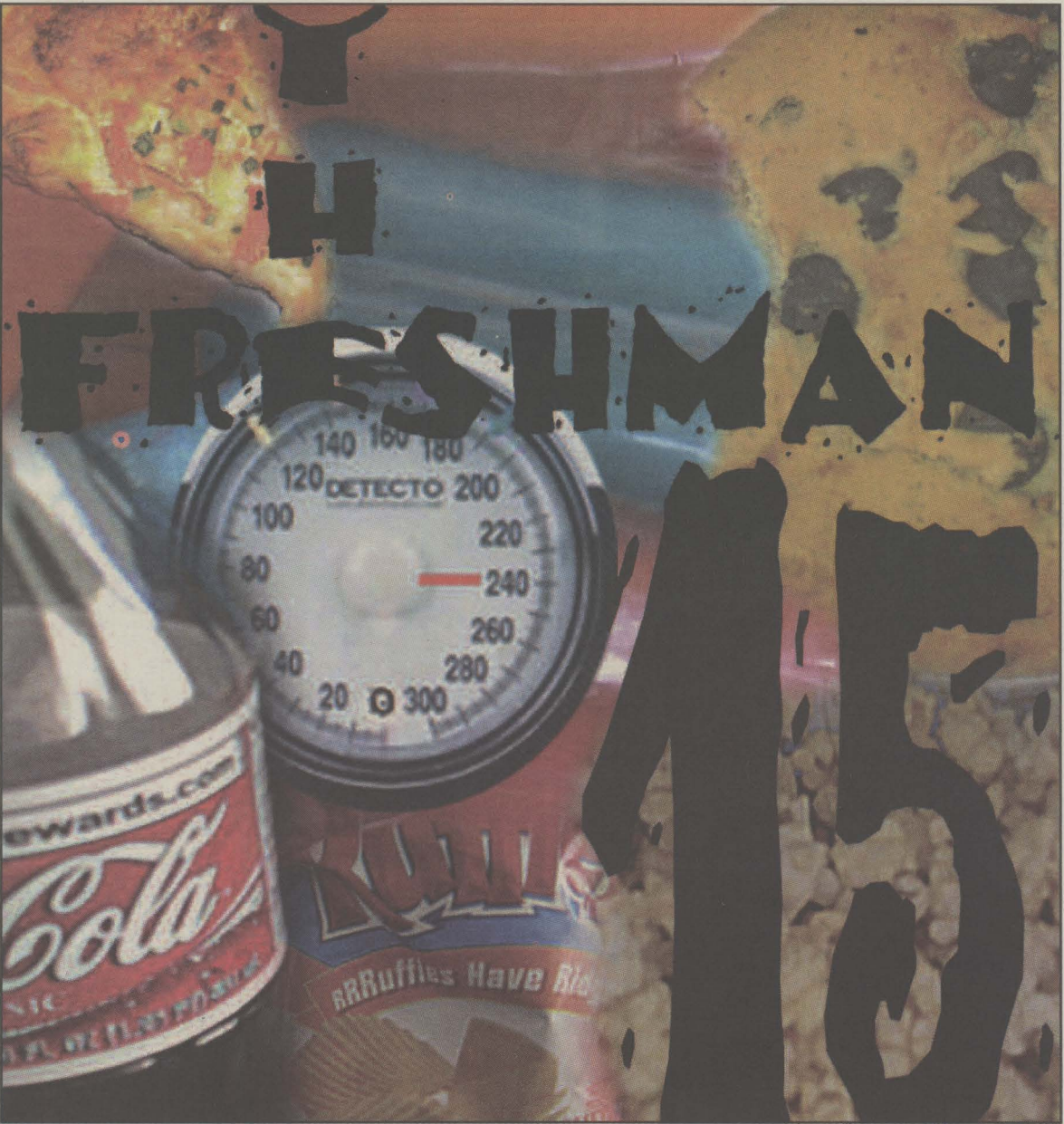


Photo illustration Maggie Schmidt

**Student Health and Counseling Center**  
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**Kittitas Valley Community Hospital:**  
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## Info to know

### Tips to avoid the Freshman 15

- Avoid eating when stressed, while studying, or while watching TV
- Eat slowly
- Eat at regular times and try not to skip meals, that causes overeating in the long run
- Keep between meal and late-night snacking to a minimum
- Choose a mix of nutritious foods
- Pick lower-fat options when possible, such as low-fat milk instead of whole milk or light salad dressing instead of full-fat dressing
- Watch portion sizes
- Resist going back for additional servings

- Steer clear of vending machines and fast food
- Keep healthy snacks like fruit, vegetables, pretzels, low-fat popcorn and unsweetened cereal
- Replace empty-calorie soft drinks with water or skim milk
- Avoid fried foods
- Tell the parents, "No cookies in care packages."
- Don't forget about the food pyramid, balance your food groups, visit [www.mypyramid.gov](http://www.mypyramid.gov)
- Limit alcohol consumption
- Exercise regularly
- Take the stairs instead of the elevator
- Park farther away from the store, residence hall, etc.
- Walk or ride a bike to class

Central Washington University

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Patrick Lewis/Observer

# Library offers books, tools, internet, research material

by Sarah Morrison  
Staff Reporter

Brooks Library is more than just a place for students to study. Unlike many high school or public libraries, students have access to four floors of books, music and laptops. But unknown to most is the Interlibrary Loan Service.

Central Washington University has a vast amount of resources, but if the library doesn't carry the research materials students need, then they can be checked out from another library. The Interlibrary Loan Service, also known as ILLaid, is easy to use and can help out with most research papers.

To start checking out books, students need to sign up online on the Interlibrary Loan system. Students start by logging onto Central's Web site, and then click 'library' on the lower left hand side. Students will find a link to the ILLaid system under 'services.' Setting up an account is easy and registration only has to be done once; books can then be checked out anytime.

ILLaid is only used when the library does not have a copy of the book or periodical. After checking on Catrax, the online catalog system, students can

log on to ILLaid to find what is needed. Books, government documents and microfilms can take up to two weeks to arrive, while photocopies will arrive within a few working days, at which point students are contacted.

Unfortunately, most libraries, including Central's, don't carry textbooks. Students will have to purchase those. Otherwise all research materials are at waiting for use.

The library also offers the general

collection on the third and fourth floors. This includes books, government documents, maps, microfilms and other materials to help with research and reading for classes offered at Central. Established in 2004, the university archives are located on the 4th floor. The archives serve as a memory of the university and documentation of Central's historic legacy.

Documents and maps are also available for student use.

## Info to know

### Things to know about the library:

- Students can check out laptops for up to 2 hours at a time.
- There is a computer lab on the first floor.
- The latest releases of books, music, and movies are available for checkout.
- The Fishbowl on the second floor is for group study.
- Copy machines are available for ten cents per copy. Students also can put money on their Connection Cards for copying.

• Librarians are always available to help with research.

• Located on the 4th floor, the music library is home to a listening area, the music education room, the listening classroom, music scores and books, hardcover music periodicals, and the music reference books.

• The special collections provide students with access to the cultural history of Washington including: manuscripts, oral histories, and other unique items supporting the classes. The special collection is located on 4th floor.

Did you know...the center of the state is next to Shaw/Smyser Hall, and is identified by a U.S. Geological Services marker?

COM 468



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OBSERVER

TUE & THU  
4-5





## Tune into... music opportunities in the area

Observer Archives

The 'Burg got started in 1958, when a small broadcast facility, KCAT, went on the air at 880 AM. The 'Burg is now KCWU and located in the Student Union and Recreation Center.

by Taishi Kanamaru  
Asst. Orientation Editor

Ellensburg is not always the town to find new music, but it is said quality college radio stations bring in great musical performers and music festivals during summer at the Gorge.

The 'Burg, the radio station operated mostly by Central Washington University students, has provided chances to become exposed to some rare music.

"We play mostly indie rock, but we do some specialty programs including hip hop, R&B, world music and classic rock," Jillian Rood, interim station manager, said.

The artists the station usually features won't be heard on mainstream such as KISS in Seattle. They include Bright Eyes, Modest Mouse, Ted Leo, Rufus Wainwright and Bjork.

'Burg music director Sean LeClaire receives up to 60 albums each week from various record labels and decides if the music is interesting enough to put on the air.

The 'Burg is not the only part of Ellensburg's music scene, but also provides an audience for music performers on campus. For the last school year alone, young folk rock artist Brandi Carlile and world-famous rock band The Presidents of the United States of America played on campus.

The Diversity Education Center is the group that brought the Presidents of the United States of America. Student programmer Jen Ham said the organization has always tried to bring the artists that are "socially conscious" and hopes the students could get motivated and involved with social issues.

Summertime in Ellensburg means

something special to bring more opportunities to hear outside music events.

"Jazz in the Valley" is the annual jazz festival in downtown Ellensburg every summer. Restaurants and cafes downtown will become jazz concert venues for the weekend. The mission stated by the sponsor, Ellensburg Chamber of Commerce, includes offering diverse musical styles within a jazz framework and opportunities to broaden and deepen knowledge and appreciation of jazz.

The Gorge Amphitheatre is just 50 miles away from Ellensburg, and is a venue with 20,000 capacity and a great view of Columbia River gorge. It has featured outdoor music events such as Dave Matthews Band, Death Cab for Cutie and Pearl Jam. It also hosts the Vans Warped Tour and brings in various other world-renowned performers.

# The wheels on the bus go round and round

by Katie Baker  
Staff reporter

With the cost of gas being so high, it may not be worth it for students to bring a car to Central Washington University this fall.

"Central is very unique in the fact that we offer a transportation service for the students to go to and from the campus to the community," said Kevin Higgins, captain of Central Public Safety and Police Services.

The students are assessed a \$3 fee every quarter for Central Transit. The bus runs from 2 p.m. to midnight Monday- Thursday and Sundays and until 1 a.m. on Friday and Saturday.

"I don't have a car on campus and I have been here for four years," Erin Hedeon, senior social services major said. "I ride Central Transit all the time. It's nice to be able to ride it from campus to Fred Meyer."

Central Transit has been offering more stops with every quarter. There are 14 stops on campus as well as from campus to Fred Meyer, downtown Ellensburg and Super-1 Foods.

Central Transit also stops at the Ellensburg Inn where students and community members can catch the airport shuttle to the westside of the mountains.

The airport shuttle stops at the train station in Seattle and the SeaTac Airport.

"With the parking lots being so crowded on campus it makes sense not to bring a car until you really need one," said Higgins. "Often times, parking lots are full over the weekend, because students will be carpooling home."

For more information please see the Central Transit handout information and map that was included in Discover! Orientation packets.

## Info to know

### Hours of Operation

Monday -Thursday

2:00 p.m -12:00 a.m.

Friday-Saturday

2:00 p.m. - 1:00 a.m.

Sunday

2:00 p.m. -12:00 a.m.

\*Excludes holidays and breaks\*

Wait times are within 15 minutes during operational hours

Central Transit is a service offered to Central students. Student Connection Card is required for use of service.

### Stop locations

- Kamola/Sue Lombard Loop
- The Bassetti's (11th Ave. circle west of Poplar)
- Student Village (Parking area S-20 Southeast of Carmody Munro)
- Alder Street south of 18th, east side near the Community Fields
- 18th Ave. east of Walnut Street, north side of the street
- 18th Ave., east of D Street, north side of the street
- 14th Ave., west of D Street at Archives building
- 4th Ave., just west of Pearl Street, south side of street
- 4th Ave., just west of Ruby Street, south side of street
- Capitol and Water Street Shopping Area
- Movie theater and Shopping Area at Mountain View
- University Way and Main Street
- Canyon Road and South Ruby
- Mountain View and South Ruby

## Info to know

### Dates to remember:

August 6 - Open Enrollment

September 19 - Classes begin

September 19-25 - Change of Schedule Period

September 25 - Tuition and Fees Due

November 2 - Uncontested withdrawal period deadline

November 21-23 - Thanksgiving Recess

November 30 - Classes End

December 4-7 - Finals!

Central Washington University's

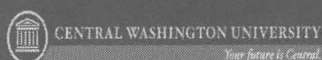
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Sean Cuffy/Observer

The Soup Bowl is located across the street from the Kittitas County Courthouse on Main Street at 5th Avenue.

## In case of hunger

by Tom Jackson  
Staff Reporter

One of the hardships of moving to a new place is learning the good places to get a bite to eat. Luckily, there are plenty of inexpensive places to eat around campus which aren't hard to find for a new student.

There is the staple for all freshmen living and eating on-campus. Pascal Cazales, freshman computer sciences major, recommends the Central Market-place.

"It's a good variety of food, and it's like going to a fast food restaurant," Cazales said. "[The Central Market-place] is fairly cheap with the discount and it's close by."

For a change of pace from eating on campus, there are also plenty of places off campus to grab a bite.

"[I like] Taco Bell, because I can get a half pound burrito for two bucks" said Derick Sleight, junior history major said.

Aside from fast food chains there are a number of locally owned places in town to eat.

"[I like] The Soup Bowl," said Jennifer Goulet, junior law and justice major, "because their food is amazing and cheap."

August Johnson, junior English major, recommends that instead of going to an actual restaurant students could try a grocery store, like Super One's Pizza Company.

"You can get a ginormous pizza with six toppings for around 10 dollars," said Johnson said.

So when hunger strikes, remember that Ellensburg has a lot of fast and cheap dining options.



Spirit of the West 2007.

Observer Archives

### Info to know

#### Annual events in Ellensburg First Friday Artwalk

- First Friday of every month
- Features: Artists at various venues around town

#### Kittitas County Farmers' Market

- First Saturday in May until the last Saturday in October
- Features: Farm fresh local produce, baked goods and fine hand crafted products

#### Jazz in the Valley

- July 27-29, 2007
- Features: 23 acts in 10 different venues in historic downtown Ellensburg

#### Kittitas County Fair

- Labor Day weekend
- Features: One of America's top 25 professional rodeos, 4-H entries and all the fair food one could ask for

#### Ware Fair

- December
- Features: Arts and crafts

made by many vendors from all over the Pacific Northwest

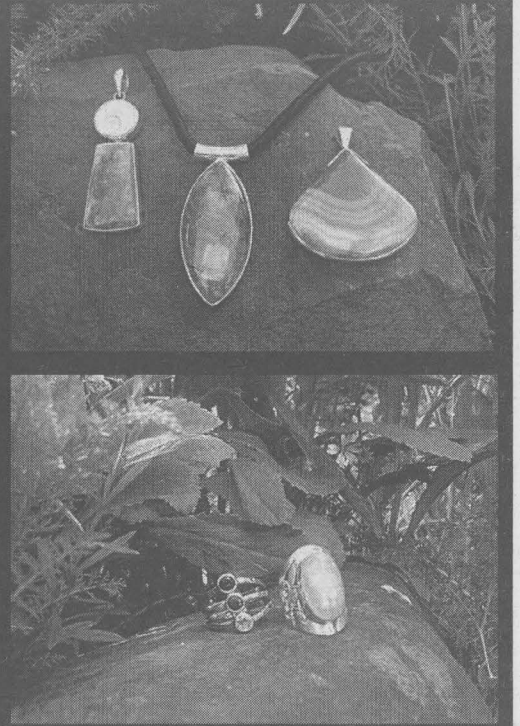
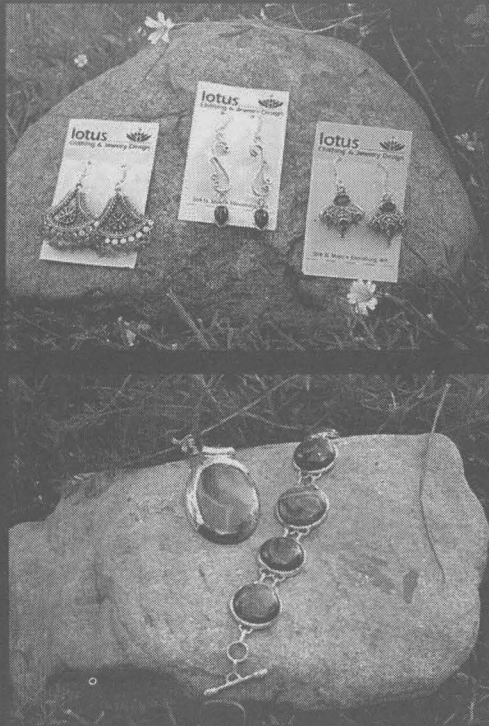
#### Brewfest:

- January
- Features: Micro-breweries showcase beer for those of age

#### Spirit of the West Cowboy Gathering:

- February
- Features: Brings the best of traditional cowboy musicians, poets, and artists to celebrate the western tradition of ranching and cowboy life

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# Intramural sports: It's all about the shirt and the glory

by Brian Helliard  
Staff reporter

Whether playing for fun or playing to win, Intramural Sports has it covered. Each year Intramurals offers basketball, volleyball, dodgeball, flag football, arena football, badminton, softball, tennis and outdoor/indoor soccer. With so many choices, it's easy for students to find something that will keep them entertained.

"Flag football is the most popular sport during the fall," Jacob Galloway, intramural graduate assistant said. "During winter it's basketball and in spring it is usually softball."

Students wishing to form a team can download the registration form online or pick one up at the access control desk in the Recreation Center.

A free agent list is offered at access control for those interested in playing, but starting a team. Team captains can use the list to fill any missing positions they have, but be warned, signing up as a free agent does not guarantee a spot to play.



Observer Archives

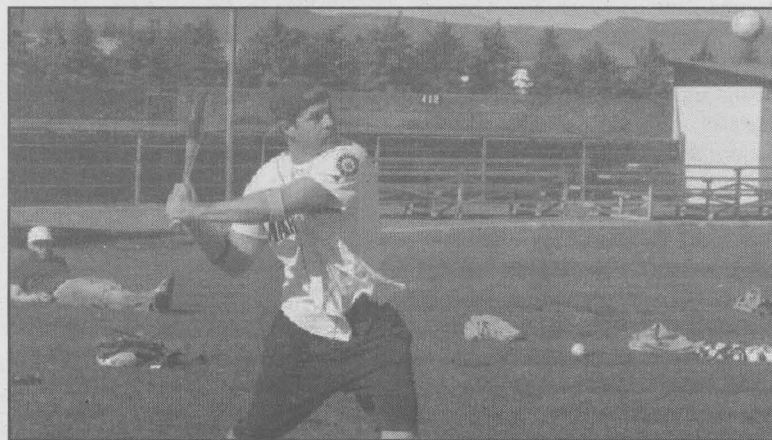
ABOVE: Central's men's rugby club team went to nationals where they beat the Stanford Cardinals but were knocked out of the tournament. BELOW: Intramural softball has the largest number of participants.

"I usually fill my team with friends or with friends of people already on the team," Jarrod Cross, senior biology student said.


The cost to play depends on when students sign up. Early registration for the next quarter's sports, which starts the week before finals week, costs students \$10. The fee jumps up to \$15 when the new quarter actually starts, but gives students an extra week to sign up.

"Each quarter we get about 1200 students who participate" Eric Scott, intramural assistant, said.

With so many students participating per quarter, intramurals are a great way for incoming students to get out and meet new friends and to stay active.




Observer Archives



**COLLEGIATE SPORT CLUBS**  
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## GET IN THE GAME!

<b>ARCHERY</b> <b>MEN'S LACROSSE</b> <b>BADMINTON</b> <b>RODEO</b> <b>BOWLING</b> <b>MEN'S RUGBY</b> <b>CYCLING</b> <b>WOMEN'S RUGBY</b> <b>DANCE</b> <b>MEN'S SOCCER</b> <b>EQUESTRIAN</b>	<b>WOMEN'S SOCCER</b> <b>FENCING</b> <b>SWIMMING</b> <b>GOLF</b> <b>ULTIMATE DISC</b> <b>ICE HOCKEY</b> <b>WAKE SPORTS</b> <b>CLIMBING</b> <b>WATER POLO</b> <b>KARATE</b> <b>WRESTLING</b>
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**FOR INFORMATION ABOUT COLLEGIATE SPORT CLUBS AND HOW TO JOIN VISIT,**  
[www.cwu.edu/~sportclubs](http://www.cwu.edu/~sportclubs)

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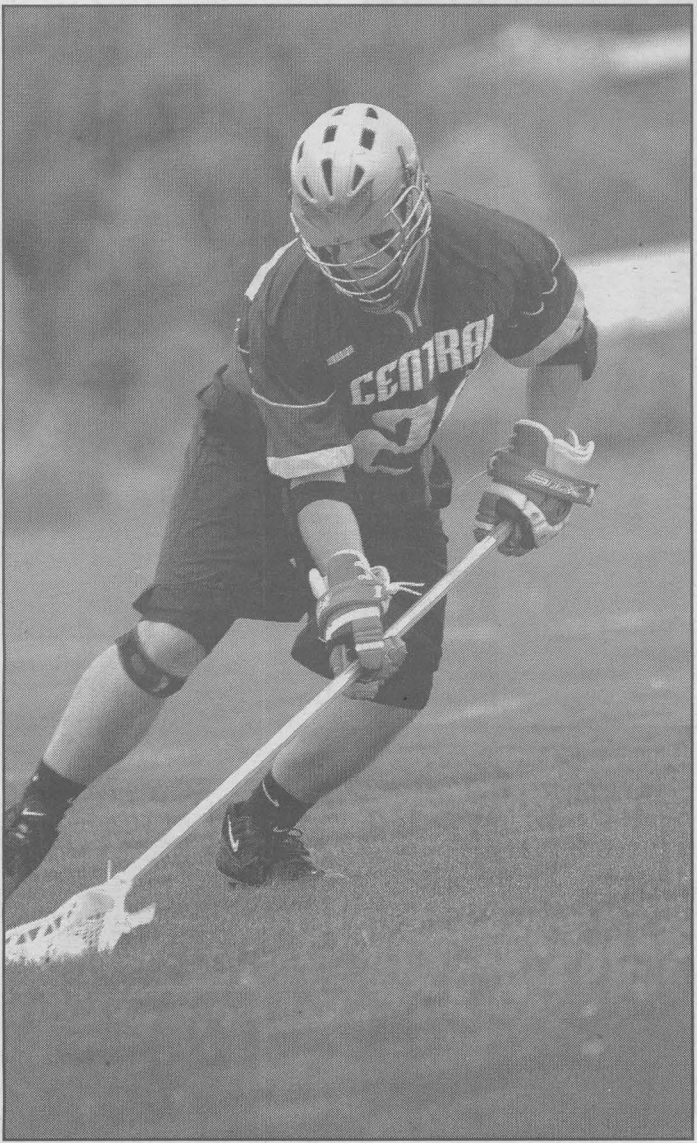
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Observer Archives

## Collegiate Sport Clubs

Central Washington University has many club sports which allow students the opportunity to participate in competitive sporting activities either individually or in a team setting.



Observer Archives

Outdoor Pursuits and Rentals is a one-stop shop for students wishing to gear up for all sorts of outdoor fun. The rental shop is open year-round and has information on tons of outdoor activities in the area. Outdoor Pursuits and Rentals also offers regularly scheduled group trips that not only provide students with opportunities to get out and explore, but also with transportation to and from many popular destinations. The rental shop is located on the southeast corner of the Recreation Center.

### Info to know

#### In Case of Boredom...

1. Float the Yakima River
2. Climb the indoor rock wall
3. Play disc golf
4. Ski or snowboard
5. Fish on the Yakima
6. Hike up Manastash Ridge
7. Rock climbing at Vantage
8. Play ultimate Frisbee
9. Go camping

### Info to know

#### Equipment available:

Inflatable Rafts  
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Sleeping Pads

Camping Chairs  
Lanterns  
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- ◆◆◆Major/Minor?
- ◆◆◆Graduation?
- ◆◆◆Career/Job?

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**BOWLING**  
**MEN'S RUGBY**  
**CYCLING**  
**WOMEN'S RUGBY**  
**DANCE**  
**MEN'S SOCCER**  
**EQUESTRIAN**

**WOMEN'S SOCCER**  
**FENCING**  
**SWIMMING**  
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**ULTIMATE DISC**  
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**WATER POLO**  
**KARATE**  
**WRESTLING**

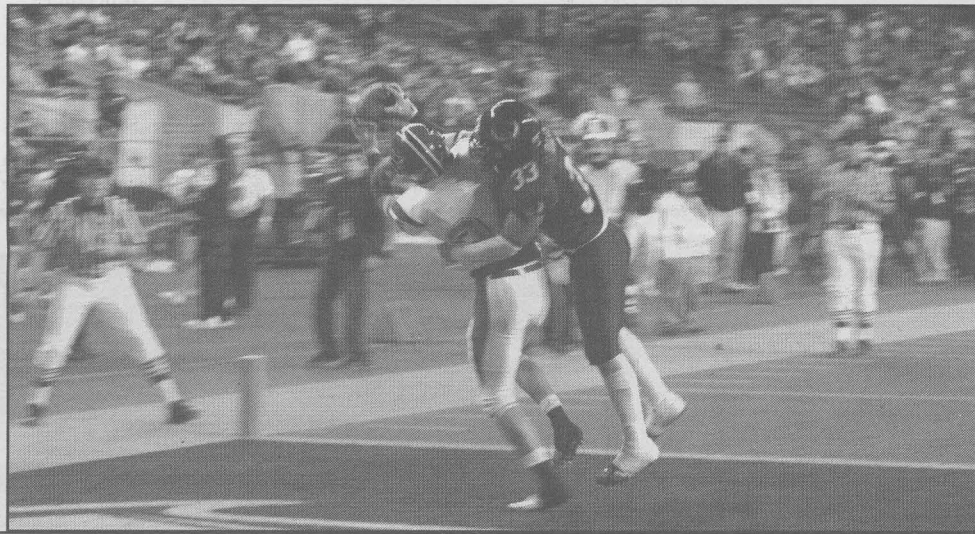
**FOR INFORMATION ABOUT COLLEGIATE SPORT CLUBS AND HOW TO JOIN VISIT,**  
**[www.cwu.edu/~sportclubs](http://www.cwu.edu/~sportclubs)**





### Battle in Seattle

The Fifth Annual Battle in Seattle against the Western Washington University Vikings will be played at 6 p.m. on October 20, 2007 at Quest Field in Seattle. The Wildcats have dominated the Vikings during three of the games and hope to do so again this year. Tickets to the Battle in Seattle are sold on campus as well as at the game.



Observer Archives

### People on the street

What do you on the weekend?



**Nic Bate**

*Sophomore*

*Undeclared*

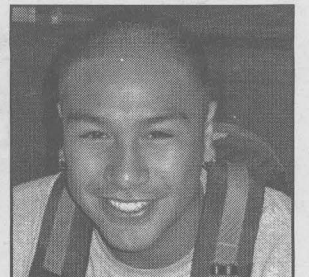
Hiking or  
innertubing down  
the river.



**Emily Ogura**

*senior nutrition major*

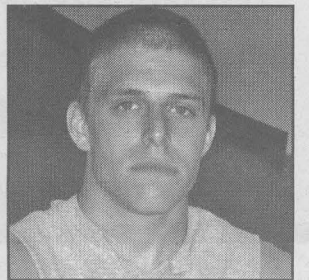
Going to Farmers  
Markets in town on  
Saturdays, flying  
kites, running to all of  
the Winegar's.



**Tony Foland**

*sophomore sociology*

Sleep.



**Scott Fuller**

*freshman undeclared.*

Fishing or baseball.

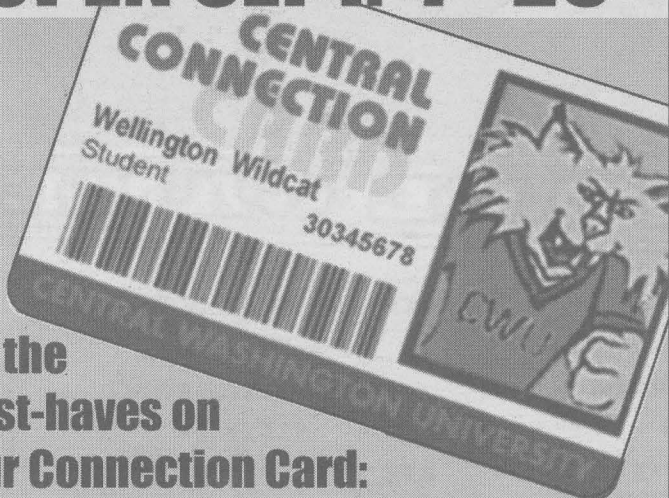


**Robyn Townsend**

*Junior IT Networking*

Hanging out with  
friends and  
playing games.

## STUDENT CHARGES OPEN SEPT. 4 - 25

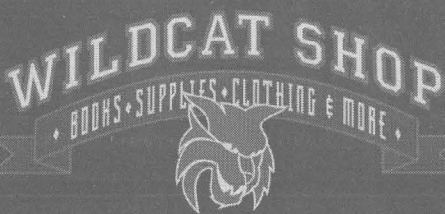



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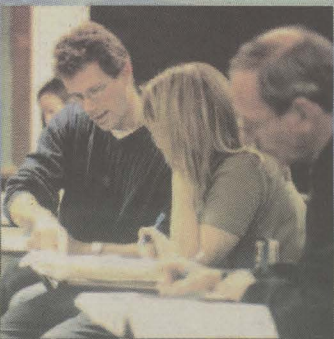
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NATIONAL ORIGIN, DISABILITY, SEX, MARITAL STATUS, AGE, PROTECTED VETERAN STATUS**

Student Resource:



# INFORMATION TECHNOLOGY SERVICES

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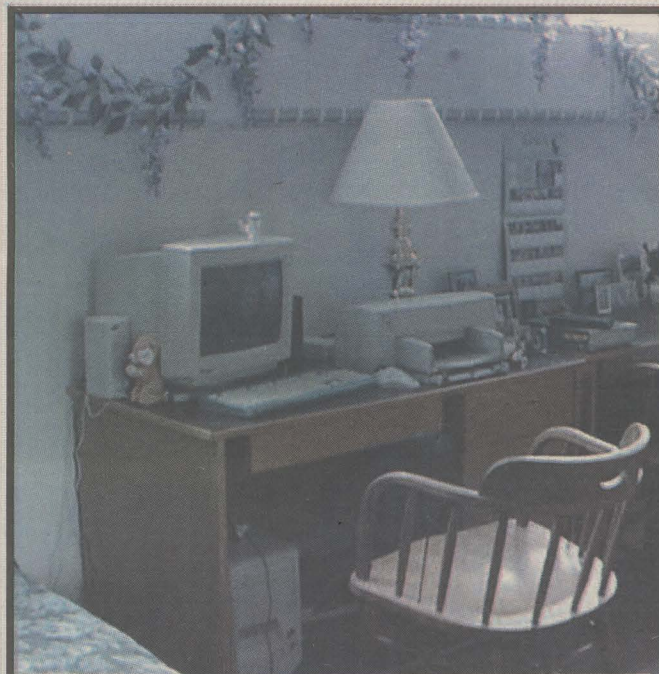
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Connection icon)



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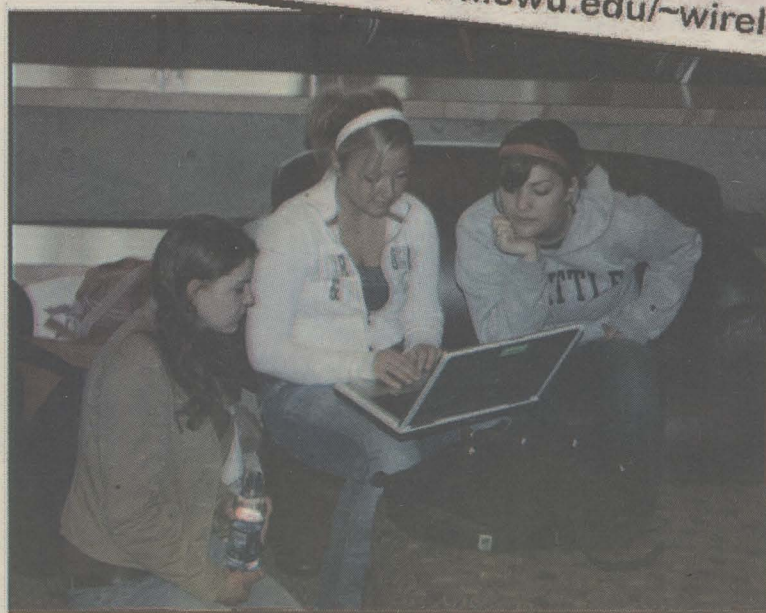
Check current ITS computer recommendations (PC & Mac) at:

[www.cwu.edu/~its/recommended.html](http://www.cwu.edu/~its/recommended.html)

### GOING WIRELESS?

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Check Out: [www.cwu.edu/~wireless](http://www.cwu.edu/~wireless)



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Lab listings at: [www.cwu.edu/labs](http://www.cwu.edu/labs)

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on-campus, or via the Wildcat  
Connection from off-campus

For more information go to: [www.cwu.edu/~its/techlinks](http://www.cwu.edu/~its/techlinks)